

NON-CONTACT RUGBY

Co-ed boys and girls teams in house league only.

Ages 6 - 14 years old (Age as of July 31, 2010)



Registration Period: March 15 - May 31



Season will begin June 14 and run through early August

Practices on Tuesdays and Thursdays 6:00 - 8:00 p.m.

Braddock Road Field

George Washington Middle School

Games are on Saturdays

Registration fee: \$25.00 per player. A copy of the participant's birth certificate must be submitted with the application. Checks or money orders should be made out to the City of Alexandria. Participants must be a City of Alexandria resident.

What Non-Contact Rugby is...

The non-contact Rugby program is designed to incorporate the basic Rugby skills of running, passing, teams support and decision making in a physically safe and non-threatening environment. Children progress through three levels of participation according to their abilities. All levels are non-contact and stress teamwork and sportsmanship. Programs will be run in two locations in the City, on the west end at Polk Elementary School and the Mt. Vernon Recreation Center on the east end. The season will run June - early August.

The program is run by the Alexandria Department of Recreation, Parks and Cultural Activities and the Alexandria Rugby Club.

Return Registrations to:

Alexandria Department of Recreation, Parks and Cultural Activities
Youth Sports Office 1108 Jefferson Street, Alexandria, Virginia 22314
703.746.5402

